

HOLIDAY SCHEDULE

December 16th - January 4th

Auqatics

December 16

6:20-7:20 am Lane Swim
7:30-8:30 am Aqua Fitness
8:30 -9:30 am Open Swim
10:00-10:45am Adult Leisure Swim
10:50 - 11:50am Aqua Recovery
12:00 pm - 1:00 pm Lane Swim
1:05 pm -2:00 pm Lane Swim
5:30pm - 6:45pm Family Open Swim
7:00 pm - 7:55pm Aqua Fitness
8:00 pm - 9:00pm Lane Swim

December 17

6:30am - 7:45 am Lane Swim
7:45 am - 8:40 am Open Swim/2 Lanes
8:45 am - 9:45 am Aqua fitness
10:00am - 10:45 Play Pals Swim
10:50am - 11:50am Deep Water Aqua fitness
12:00pm - 1:00pm Lane Swim
1:10pm - 2:00pm Aqua Therapy
6:00pm - 7:30pm Family Swim
7:45 pm - 8:45 pm Lane Swim

December 18

6:20-7:20 am Lane Swim
7:30-8:30 am Aqua Fitness
8:30 -9:30 am Open Swim
10:00-10:45am Adult Leisure Swim

10:50 - 11:50am Aqua Recovery
12:00 pm - 1:00 pm Lane Swim
1:05 pm -2:00 pm Lane Swim
5:30pm - 6:45pm Family Open Swim
7:00 pm - 7:55pm Aqua Fitness
8:00 pm - 9:00pm Lane Swim

December 19

6:30am - 7:45 am Lane Swim
7:45 am - 8:40 am Open Swim/2 Lanes
8:45 am - 9:45 am Aqua fitness
10:00am - 10:45 Play Pals Swim
11:00am - 12:00pm Lane Swim
12:00 pm - 1:00pm Lane Swim
1:10 pm - 2:00pm Aqua Therapy
6:00pm - 7:30pm Family Swim
7:45 pm - 8:45 pm Lane Swim

December 20

6:20-7:20 am Lane Swim
7:30-8:30 am Aqua Fitness
8:30 -9:30 am Open Swim
10:00-10:45am Adult Leisure Swim
10:50 - 11:50am Aqua Recovery
12:00 pm - 1:00 pm Lane Swim
1:05 pm -2:00 pm Lane Swim
5:45pm - 6:45pm Family Swim
7:00 pm - 8:00 pm Lane Swim

December 21

8:15am - 9:15am Lane Swim
9:30am - 10:45am Adult Open Swim
11:00am - 12:00pm Lane Swim
12:00pm - 1:00pm Lane Swim
1:00pm - 2:00pm Family Swim
2:10pm - 3:10pm Family Swim

December 22

8:30am - 9:30am Lane Swim
9:45am - 10:45am Aqua Fitness
10:45am - 11:45am Adult Leisure Swim
12:00 pm - 1:00 pm Lane Swim
1:45pm- 2:45pm Birthday Party Rental
3:00pm - 4:00pm Family Open Swim
5:30pm - 6:30pm Family Open Swim
6:45pm - 7:45pm Lane Swim

Holiday Hours

December 24 - closed at 3:00pm
December 25, 26 - closed
December 31 - closed at 3:00pm
January 1 - closed

Registration Required

Please visit our website to sign up
capebreton.ymca.ca



HOLIDAY SCHEDULE

December 16th - January 4th

Auqatics

December 23

6:20-7:20 am Lane Swim
7:30-8:30 am Aqua Fitness
8:30 -9:30 am Open Swim
10:00-10:45am Adult Leisure Swim
10:50 - 11:50am Aqua Recovery
12:00 pm - 1:00 pm Lane Swim
1:05 pm -2:00 pm Lane Swim
2:15pm - 3:15pm Camp
5:30pm - 6:45pm Family Open Swim
7:00 pm - 7:55pm Aqua Fitness
8:00 pm - 9:00pm Lane Swim

December 24

6:30am - 7:45 am Lane Swim
7:45 am - 8:40 am Open Swim/2 Lanes
8:45 am - 9:45 am Aqua fitness (Tentative)
10:00am - 10:45 Family Play Pals Swim
10:50am - 11:50am Lane Swim
12:00 pm - 1:00pm Lane Swim

December 27

6:20-7:20 am Lane Swim
7:30-8:30 am Aqua Fitness
8:30 -9:30 am Open Swim
10:00-10:45am Adult Leisure Swim
10:50 - 11:50am Aqua Recovery
12:00 pm - 1:00 pm Lane Swim
1:05 pm -2:00 pm Lane Swim
2:15pm - 3:00pm YMCA Camp

December 28

8:15am - 9:15am Lane Swim
9:30am - 10:45am Adult Open Swim
11:00am - 12:00pm Lane Swim
12:00pm - 1:00pm Lane Swim
1:00pm - 2:00pm Family Swim
2:10pm - 3:10pm Family Swim

December 29

8:30am - 9:30am Lane Swim
9:45am - 10:45am Aqua Fitness
10:45am - 11:45am Adult Leisure Swim
12:00 pm - 1:00 pm Lane Swim
1:45pm- 2:45pm Birthday Party Rental
3:00pm - 4:00pm Family Open Swim
5:30pm - 6:30pm Family Open Swim
6:45pm - 7:45pm Lane Swim

December 30

6:20-7:20 am Lane Swim
7:30-8:30 am Aqua Fitness
8:30 -9:30 am Open Swim
10:00-10:45am Adult Leisure Swim
11:00 am- 11:55am Lane Swim
12:00 pm - 1:00 pm Lane Swim
1:05 pm -2:00 pm Lane Swim
2:15pm - 3:15pm Camp
5:30pm - 6:45pm Family Open Swim
7:00 pm - 7:55pm Aqua Fitness
8:00 pm - 9:00pm Lane Swim

December 31

6:30am - 7:45 am Lane Swim
7:45 am - 8:40 am Open Swim 2 Lanes
8:45 am - 9:45 am Adult Leisure Swim
10:00am - 10:45 Family Play Pals Swim
10:50am - 11:50am Lane Swim
12:00 pm - 1:00pm Lane Swim

January 2

6:30am - 7:45 am Lane Swim
7:45 am - 8:40 am Open Swim 2 Lanes
8:45 am - 9:45 am Aqua fitness

10:00am - 10:45 Play Pals Swim
11:00am - 12:00pm Lane Swim
12:00 pm - 1:00pm Lane Swim
1:10 pm - 2:00pm Aqua Therapy
6:00pm - 7:30pm Family Swim
7:45 pm - 8:45 pm Lane Swim

January 3

6:20-7:20 am Lane Swim
7:30-8:30 am Aqua Fitness
8:30 -9:30 am Open Swim
10:00-10:45am Adult Leisure Swim
10:50 - 11:50am Aqua Recovery
12:00 pm - 1:00 pm Lane Swim
1:05 pm -2:00 pm Lane Swim
5:45pm - 6:45pm Family Swim
7:00 pm - 8:00 pm Lane Swim

January 4

8:15am - 9:15am Lane Swim
9:30am - 10:45am Adult Open Swim
11:00am - 12:00pm Lane Swim
12:00pm - 1:00pm Lane Swim
1:00pm - 2:00pm Family Swim
2:10pm - 3:10pm Family Swim